

Lady of America  
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# September, 2010 Group Fitness Schedule

Arlene Diamond  
Group Fitness Coordinator  
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Club Hours	Monday 5:30am-9:00pm	Tuesday 5:30am-9:00pm	Wednesday 5:30am-9:00pm	Thursday 5:30am-9:00pm	Friday 5:30am-7:00pm	Saturday 8:00am-3:00pm	Sunday 1:00pm-4:00 pm
6:00 AM	CYCLE <u>Schalan</u>	CARDIO BLAST <u>Vicky</u>	30/30 <u>Gailya</u>		30/30 <u>Gailya</u>		<i>Instructors are subject to change without notice</i>  <i>Every class is modified for all fitness levels</i>
8:30AM			CYCLE <u>Galey</u>				
9:00 AM	YOGA <u>Gailya</u>	CHISEL <u>Galey</u>	 <u>Luz</u>	CHISEL <u>Galey</u>	KICKBOX <u>Galey</u>	CYCLE <u>Schalan</u> ~~~~~ CARDIO BLAST <u>Nicole</u>	
10:00 AM	STEP/SCULPT <u>Galey</u>	PILATES <u>Rose</u>	YOGA <u>Julie</u>	YOGA <u>Bo</u>	BUTTS/GUTS <u>Arlene</u>	 <u>Esperanza</u>	
Noon							
5:00 PM	KICKBOX <u>Galey</u>	CARDIO BLAST <u>Arlene</u>	CHISEL <u>Arlene</u>	CYCLE/SCULPT <u>Galey</u>			
6:00 PM	CHISEL <u>Vicky</u>	BUTTS/GUTS <u>Arlene</u>	 <u>Esperanza</u>	YOGA <u>Vicky</u>			
7:00 PM	BURLESQUE <u>Michelle</u>			 <u>Luz</u>			
Child Care Hours	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am 4:30pm—8:00pm	8:30am—11:30am Closed	8:30am—11:30am Closed	Closed

**Zumba:** A fusion of Latin & International music, creative routines using both Cardio and Interval training. Fast and slow rhythms that promise to tone and sculpt.

**Chisel:** Total body conditioning for strength, endurance, power and balance. This toning class uses dumbbells, barbells and various other equipment. Beginners are welcome, our instructors will teach you form and technique.

**Body Blaster:** A Cardio Toning class consisting of drills and interval training. Class may utilize some light weights and other various equipment.

**Step n Sculpt:** Your body weight against the force of gravity accented with light weights to get your heart rate up and tone your muscles.

**Cycle:** Stationary spin bikes that take you on a journey to extreme levels of challenge. Beginners are welcome, our instructors will help you modify your intensity..

**Kickbox:** This cardio workout has a real kick ... and a punch! Includes some great standing core work.

**Cardio Cuts:** A combination of moderate cardio and light weights. Great for your heart and your muscles!

**Pilates:** This class works from the inside to strengthen the core, lengthen muscle, mobilize joints and help to realign the spine to it's natural curve.

**Yoga:** Focusing on flexibility, balance and posture while building strength. Designed to enhance vitality and sense of well being.

**Butts/Guts:** An intense workout focusing on the Butt and the Gut!!

**Burlesque:** Sensual movements that release your inner bombshell! Express yourself while improving your flexibility and toning your legs, hips abs.